

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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Happy New Year! Hope you all had a wonderful holiday season. January is National Hot Tea Month and it's a great time to begin to fulfill all those healthy New Year's resolutions you've made, which hopefully includes drinking more tea or finding new ones to try. This issue of the TPOT Newsletter introduces a type of tea that may be unfamiliar to you - yellow tea. And see how drinking tea may help you cope with the cold and flu season that has arrived. Please feel free to e-mail any topics you would like covered in future newsletters or submit short articles on tea that you would like to share with other newsletter subscribers. I look forward to hearing from you!

Yours in tea...Kristine

Spotlight on...

Yellow tea...no, I'm not just picking another color from the rainbow...there is such a category as yellow tea and it is the fifth category covered in the six-part "Tea Categories" series. It is a tea of limited-production, and as such, is the rarest of all the tea types. It is a tea made by true artisans and the Chinese have been drinking this exquisite tea for centuries. The yellow tea category is a difficult one to define because the manufacturers of this tea keep the processing steps a well-guarded secret, but the Chinese classify it as a "fresh" tea, meaning that there is a resting stage during its manufacture. Yellow teas are not well-known in the US; in fact, many retailers are not familiar with the distinction of yellow tea and they classify it as a green tea. It is believed that yellow teas are manufactured using a similar process to green teas, with one key additional step that gives this category the name of yellow tea. Yellow tea can be comprised of only the tea bud, or more commonly, the top two leaves and a bud. After the tea leaves are withered and before they are pan-fired, they undergo a stage called *men huan*, which is translated into English as "sealing yellow". During this stage, the tea leaves are lightly and slowly steamed and then covered with a cloth. The leaves are allowed to rest and reabsorb the aromas that they are releasing. This stage can last from several hours up to several days and, it is theorized, a slight fermentation may take place, especially with those leaves undergoing the longer resting period. The tea liquor created from the dry leaf does not exhibit the grassiness of green teas and it lacks astringency, resulting in a cup that has a delicate richness and is clean, smooth, sweet, and aromatic. Those yellow tea leaves that undergo a longer resting period tend to be more aromatic and sweeter. Unfortunately, the approximate caffeine level of yellow tea is not known. As with green and white teas, it is important to use water that is around 180° when preparing yellow tea. Yellow teas are good for multiple infusions.



Huang Shan Huang Ya

Yellow teas continue to be produced solely in China in the provinces of Anhui, Sichuan, and Fujian. Notable yellow teas include: Huo Shan Huang Ya, Huang Shan Mao Feng, and Huang Shan Huang Ya from the Anhui province; Meng Ding Huang Ya from the Sichuan province, and Jun Shan Yin Zhen from the Fujian province. Yellow teas are primarily named after their mountain of origin, i.e. *Huang Shan*, which translates as "Yellow Mountain".

Tea & Health

Unfortunately cold and flu season is upon us, but now's the perfect time to increase your consumption of tea. Many of the compounds in tea may help to ward off the "nasty bugs of the season" or help you to deal with the symptoms, if these "bugs" happen to get you. Studies have shown that the naturally occurring theanine in tea may support the immune system and that drinking five cups of black tea daily may improve the body's ability to fight off infection. The flavonoids, a type of antioxidant, in tea may also help boost the immune system. If you happen to catch cold or flu, it's important to keep your body well-hydrated. Drinking tea is a great way to sooth a sore throat and thin the mucus that accumulates in your nose and chest.



TPOT Specials

- ◆ Check out our clearance on Holiday Teas, Scone Mixes, Biscottea™ Tea Shortbread, Marmalady's Tea Jams & Jellies & more!
- ◆ Take 10% off your order of \$50 or more by using coupon code **January09**.

Coupon codes can be used for orders placed:

- On our website www.pleasuresoftea.com, input one of the above codes at checkout.
- By phone **631-278-5755**, mention one of the above codes when placing your order.

Coupon codes expire **January 31, 2009**.
Only one coupon code can be used per order.

